

|          |        | Rockingham Forest Wheelers Evening Time Trials |            |     | 17.7.19 |      | 9.8 miles |       |                |
|----------|--------|--|------------|-----|---------|------|-----------|-------|----------------|
| Position | Number | Name   | Club       | Age | Gender  | Bike | Time      | MPH   | Road Bike Rank |
| 1        | 8      | David McDade                                   | RFW        | 45  | M       | TT   | 00:25:21  | 23.20 |                |
| 2        | 7      | David Wilson                                   | RFW        | 46  | M       | TT   | 00:25:43  | 22.86 |                |
| 3        | 5      | Sean Adamson                                   | RFW        | 50  | M       | Road | 00:26:55  | 21.85 | 1              |
| 4        | 10     | Rupert Conant                                  | Unattached | 55  | M       | Road | 00:27:01  | 21.76 |                |
| 5        | 11     | Bruce Ayliffe                                  | RFW        | 55  | M       | TT   | 00:27:23  | 21.47 |                |
| 6        | 4      | Neill Howarth                                  | RFW        | 54  | M       | TT   | 00:27:55  | 21.06 |                |
| 7        | 9      | Haddi Conant                                   | RFW        | 20  | F       | Road | 00:28:00  | 21.00 | 2              |
| 8        | 3      | Helen Talbot                                   | WVCC       | 43  | F       | TT   | 00:28:10  | 20.88 |                |
| 9        | 2      | John Dainty                                    | RFW        | 67  | M       | TT   | 00:28:41  | 20.50 |                |
| 10       | 12     | Craig Bugby                                    | RFW        | 31  | M       | Road | 00:29:33  | 19.90 | 3              |
| 11       | 6      | Huw Wilson                                     | RFW        | 13  | M       | TT   | 00:30:02  | 19.58 |                |
| 12       | 1      | John Aldridge                                  | RFW        | 68  | M       | Road | 00:30:52  | 19.05 | 4              |